

Men over 17 and women over 45 can safely eat more fish

- **7 servings a week** OR
5 servings a week of bluegill or redear sunfish OR
 - **2 servings a week** OR
 - **2 servings a week** of striped bass OR
1 serving a week of largemouth bass or white sturgeon
- Do not eat any fish or shellfish from the Port of Stockton.**

♥ Why eat fish?

Eating fish is good for your health. Fish have Omega-3s that can reduce your risk for heart disease and improve how the brain develops in unborn babies and children.

What is the concern?

Some fish have high levels of mercury and PCBs. Mercury can harm the brain especially in unborn babies and children. PCBs can cause cancer.

What is a serving?



For Adults



For Children

The recommended serving of fish is about the size and thickness of your hand. Give children smaller servings.

Fish buying guidelines for women 18 – 45 and children 1 – 17

Do not eat fish caught by family or friends in the same week that you eat fish bought in a store or restaurant. For fish that you buy:

- **Safe to eat 2 servings per week** of low mercury fish such as salmon ♥, pollock, catfish, tilapia, shrimp, anchovies ♥, sardines ♥, trout ♥, or canned chunk-light tuna



OR

- **Safe to eat 1 serving per week** of medium-mercury fish such as canned albacore (white) tuna ♥



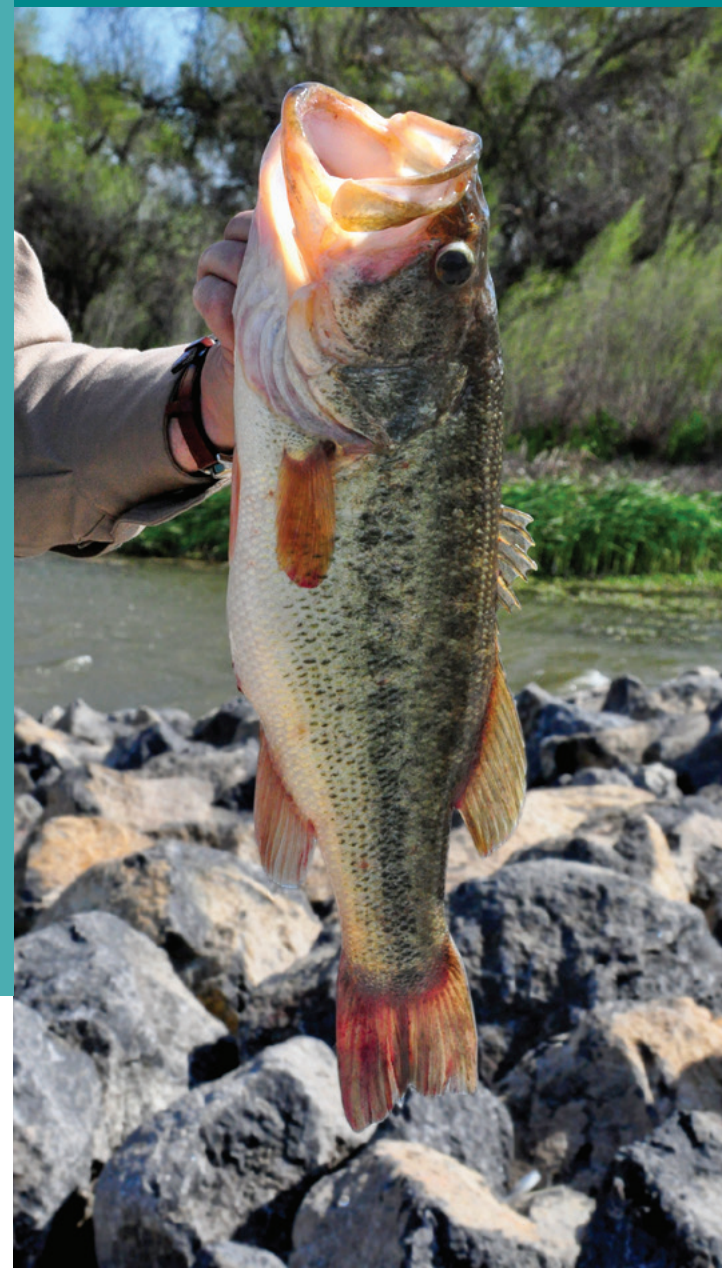
- **Do not eat** shark, swordfish, tilefish, or king mackerel



♥ = High in Omega-3s

Guide to Eating Fish Caught in the **San Joaquin River**

From Friant Dam to the Port of Stockton



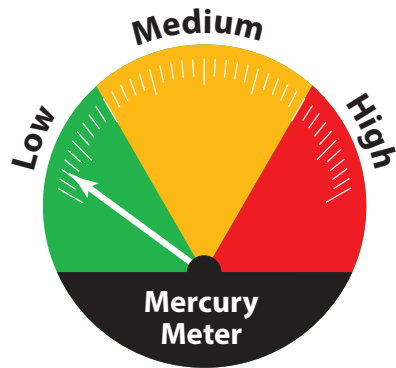
California Office of Environmental
Health Hazard Assessment

www.oehha.ca.gov/fish.html

(916) 327-7319 or (510) 622-3170


A guide to eating fish caught in the San Joaquin River

Women 18 - 45 and children 1 - 17



Bluegill or redear sunfish




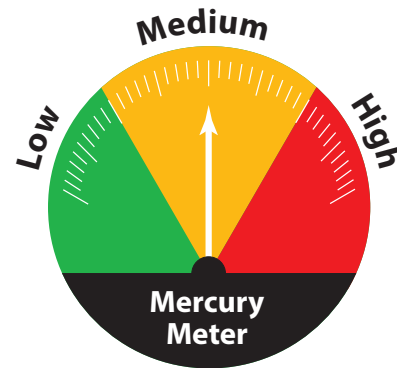
Steelhead trout * 



Chinook (king) salmon 



American shad 



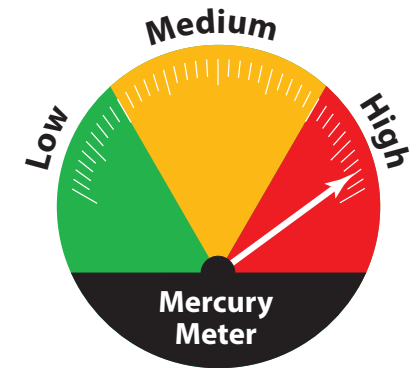
Catfish



Carp



Sucker



Striped bass



Largemouth Bass



White sturgeon

 = High in Omega-3s

*It is only legal to keep hatchery steelhead and only in select waters, see www.wildlife.ca.gov/Regulations

2 servings a week OR
3 servings a week of shad

OR

1 serving a week

**Do not eat
AND
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from the Port of Stockton**